

## Migrancy (AK 95-USDA 802)

<b>Explain to Participant</b>	You're enrolled in the WIC program today because you are eligible and you are a member of family with at least one individual mainly employed in agriculture, on a seasonal basis within the last 24 months. Migrant workers have a much higher rate of infant mortality, malnutrition and parasitic disease.	
<b>Goal</b>	The goal is to support the nutritional needs of migrant women, infants and children and to refer them to other agencies that offer assistance.	
<b>Suggestions for Reducing Risk</b>	Tailor WIC food packages based on storage and cooking facilities. Explain the appropriate nutrition education materials suggested.	
<b>Nutrition Education Material Suggested</b>	<b>Foundation for Fitness...for Your Special Delivery</b> <b>After You Deliver Health Tips for Moms</b> <b>Hot Food Facts For Cool Kids</b> <b>A Guide to Feeding Your Baby The First Year</b>	
<b>Explain Applicable WIC Foods</b>	<b>WIC Foods</b>	<b>Nutrients Provided</b>
	Milk	Calcium, Vitamin A, Protein
	Cheese	Calcium, Vitamin A, Protein
	Eggs	Protein
	Beans or Peanut Butter	Protein, Iron
	WIC Juice	Vitamin C
	Cereal	Iron
	Carrots	Vitamin A
	Tuna fish	Protein
	Salmon	Calcium, Vitamin A, Protein
	Iron Fortified Infant Formula	Calcium, Vitamin A & C, Protein, Iron
	Iron Fortified Cereal	Iron
<b>Explain What the WIC Nutrients Can Do for You!</b>	<b>Calcium</b>	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
	<b>Iron</b>	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
	<b>Vitamin C</b>	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
	<b>Protein</b>	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
	<b>Vitamin A</b>	Helps keep your skin healthy and smooth. Helps you see at night.
<b>Materials with More Information</b>	Using the Dietary Guidelines For Americans...for good health	